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# Sources of Free or Low-Cost Food and Nutrition Materials

December 1991



**United States  
Department of  
Agriculture**



**National Agricultural Library**

# Sources of Free or Low-Cost Food and Nutrition Materials

Revised December 1991

Food and Nutrition Information Center  
(301) 504-5719



**Food &  
Nutrition**

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## Table of Contents

	Page
Introduction . . . . .	i
Section I     Nutrition, Medical, and Health Organizations: . . . . .	1
A. National Contacts:	
Aging	
Alcohol and Drugs	
Allergies	
Arthritis	
Cancer	
Dental Health	
Diabetes	
Digestive Diseases	
Eating Disorders	
Fitness and Sports	
Food and Nutrition	
Food Safety	
General Health	
Heart Disease	
Maternal and Child Health	
B. Local Contacts	
Section II     Food-Related Associations . . . . .	6
Beverages	
Dairy, Eggs, and Cheese	
Dried Fruits, Nuts, and Legumes	
Fish and Seafood	
Fruit	
Meat and Poultry	
Other Food Related Organizations	
Pasta, Potatoes, and Grains	
Vegetables	
Section III     Food Companies . . . . .	11





## Introduction

This publication is a list of organizations that provide free or low-cost food and nutrition materials for consumers. The Food and Nutrition Information Center (FNIC) receives many requests for materials to distribute at health fairs, classes, physicians' offices, wellness programs, and other locations. Since FNIC is not a clearinghouse and has a limited number of publications to distribute in bulk, the Center has developed this publication to help others locate free and low-cost food and nutrition materials.

The list is alphabetical and divided into three sections: 1) Nutrition, Medical, and Health Organizations; 2) Food-Related Associations; and 3) Food Companies. If the organization has materials available in non-English languages, the languages are listed in parenthesis after the name of the organization. The languages are abbreviated as follows:

A = Arabic  
C = Cambodian  
Ch = Chinese  
Cz = Czechoslovakian  
H = Hmong  
J = Japanese  
K = Korean  
L = Laotian or Lao  
P = Polish  
R = Russian  
S = Spanish  
T = Tagalog  
Th = Thai  
Tu = Turkish  
V = Vietnamese

Not all publications are available in all languages.

FNIC recommends that you call or write the organization(s) for a publication list or order form. FNIC also suggests that you make your request(s) for materials as far in advance as possible to allow for processing and mailing time. Some organizations may take up to eight weeks to fill your request. There are fees for some of the materials distributed by these organizations.

Inclusion of an organization on this list does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information provided by these organizations.



## **Section I. Nutrition, Medical, and Health Organizations**

### **A. National Contacts**

#### **Aging**

American Association of Retired Persons  
601 E Street, NW  
Washington, DC 20049  
(202) 434-2277

Asociacion Nacional Pro Personas  
Mayores (S)  
3325 Wilshire Blvd., Suite 800  
Los Angeles, CA 90010  
(213) 487-1922

National Institute on Aging (S)  
Information Office  
Federal Building, Room 6C-12  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 496-1752

#### **Alcohol and Drugs**

National Clearinghouse for Alcohol  
and Drug Information (S)  
Information Specialist  
P.O. Box 2345  
Rockville, MD 20852  
(301) 468-2600

National Council on Alcoholism  
12 W. 21st Street, Suite 700  
New York, NY 10010  
(800) NCA-CALL

#### **Allergies**

American Allergy Association  
P.O. Box 640  
Menlo Park, CA 94026  
(415) 322-1663

#### **Arthritis**

Arthritis Foundation Information Line  
1314 Spring Street, NW  
Atlanta, GA 30309  
(800) 283-7800

National Institute of Arthritis and  
Musculoskeletal and Skin Diseases  
Information Office  
Building 31, Room 4C05  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 496-8188

#### **Cancer**

American Cancer Society  
3340 Peachtree Road, NE  
Atlanta, GA 30026  
(800) 227-2345

American Institute for Cancer Research  
1759 R Street, NW  
Washington, DC 20009  
(202) 328-7744  
(800) 843-8114

Cancer Information Center  
Office of Cancer Communications  
National Cancer Institute  
Building 31, Room 10A-24  
9000 Rockville Pike  
Bethesda, MD 20892  
(800) 4-CANCER  
in Alaska (800) 638-6070  
in Hawaii (800) 524-1234

## **Dental Health**

American Dental Association (S)  
Department of Public Information  
and Education  
211 East Chicago Avenue  
Chicago, IL 60611  
(312) 440-2593

National Institute of Dental Research  
Information Office  
Building 31, Room 2C35  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 496-4261

## **Diabetes**

American Diabetes Association (S)  
National Service Center  
1660 Duke Street  
Alexandria, VA 22314  
(800) 232-3472

Juvenile Diabetes Foundation  
International Hotline  
432 Park Avenue South  
New York, NY 10016  
in New York (212) 889-7575  
(800) 223-1138

National Diabetes Information  
Clearinghouse (S)  
Box NDIC  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 468-2162

## **Digestive Diseases**

National Digestive Diseases Education  
and Information Clearinghouse  
Box NDDIC  
9000 Rockville Pike  
Bethesda, MD 20892  
(301) 468-6344

## **Eating Disorders**

American Anorexia/Bulimia Association  
418 East 76th Street  
New York, NY 10021  
(212) 734-1114

Anorexia Nervosa and Related Eating  
Disorders  
P.O. Box 5102  
Eugene, OR 97405  
(503) 344-1144

National Anorexic Aid Society  
1925 E. Dublin Road-Granville  
Columbus, OH 43229  
(614) 885-5381  
(614) 846-2833

National Association of Anorexia  
Nervosa and Associated Disorders  
Box 7  
Highland Park, IL 60035  
(708) 831-3438

National Food Addiction Hotline  
1101 W. Hibiscus Blvd., Suite 107  
Melbourne, FL 32904  
(800) USA-0088

## **Fitness and Sports**

Aerobics and Fitness Foundation  
15250 Ventura Blvd., Suite 310  
Sherman Oaks, CA 91403  
(818) 905-0040

International Center for Sports Nutrition  
502 South 44th St., Suite 3012  
Omaha, NE 68105  
(402) 559-5505

Women's Sport Foundation  
342 Madison Avenue, Suite 728  
New York, NY 10173  
(800) 227-3988

## **Food and Nutrition**

Community Nutrition Institute  
2001 S Street, NW, Suite 530  
Washington, DC 20009  
(202) 462-4700

Food and Drug Administration (S)  
Office of Consumer Affairs  
Department of Health and Human  
Services  
5600 Fishers Lane (HFE-88)  
Rockville, MD 20857  
(301) 443-3170

Food and Nutrition Information Center  
National Agricultural Library  
10301 Baltimore Blvd., Room 304  
Beltsville, MD 20705-2351  
(301) 344-3719

Human Nutrition Information  
Service/USDA (S)  
Public Affairs Staff  
6505 Belcrest Road  
Hyattsville, MD 20782  
(301) 436-8498

National Center for Nutrition  
and Dietetics (S)  
216 W. Jackson Blvd., Suite 800  
Chicago, IL 60606-6995  
(312) 899-4854  
(800) 366-1655

Penn State Nutrition Center  
The Pennsylvania State University  
Ruth Bldg., 417 E. Calder Way  
University Park, PA 16802-5663  
(814) 865-6323

Nutrition Information Center  
515 East 71st Street S 904  
New York, NY 10021  
(212) 746-1617

## **Food Safety**

Food Safety and Inspection Service (S)  
Meat and Poultry Hotline  
USDA, Room 1165-S  
Washington, DC 20250  
(202) 447-3333  
(800) 535-4555

## **General Health**

American Medical Association  
515 N. State Street  
Chicago, IL 60610  
(312) 464-5000

American Public Health Association  
1015 15th Street, NW  
Washington, DC 20005  
(202) 789-5600

Bureau of Refugee Services  
Iowa Department of Human Services  
1200 University, Suite D  
Des Moines, IA 50314  
(515) 371-3117  
(publishes bibliography of sources of  
non-English language health resources)

Center for Science in the Public Interest  
1875 Connecticut Avenue NW, Suite 300,  
Washington, DC 20009  
(202) 332-9110

Consumer Information Center (S)  
Pueblo, CO 81009

Metropolitan Life Insurance Company  
Health and Safety Education Division  
One Madison Avenue  
New York, NY 10010  
(212) 578-2211



National Clearinghouse for  
Primary Care Information  
8201 Greensboro Drive, Suite 600  
McLean, VA 22102  
(703) 821-8955

National Council Against  
Health Fraud, Inc.  
P.O. Box 1276  
Loma Linda, CA 92354  
(714) 824-4690

New Mexico Health and Environment  
Department (S)  
Health Services Division  
Health Promotion Bureau  
P.O. Box 968  
Santa Fe, NM 87504-0968  
(505) 827-2502

ODPHP Health Information Center  
(Office of Disease Prevention Health  
Promotion)  
P.O. Box 1133  
Washington, DC 20013-1133  
(800) 336-4797

Ohio Department of Health Refugee  
Health Program (L,C,V,P,Cz,H)  
131 N. High Street, 4th Floor  
Columbus, OH 43266-0118  
(614)-644-8162

Public Voice  
For Food and Health Policy  
1001 Connecticut Avenue, NW, Suite 522  
Washington, DC 20036  
(202) 659-5930

#### **Heart Disease**

American Heart Association  
National Center  
7320 Greenville Avenue  
Dallas, TX 75231  
(214) 373-6300

American Heart Association of  
Greater Miami, Inc. (S)  
5220 Biscayne Boulevard  
Miami, FL 33137  
(305) 751-1041

American Heart Association (Ch, J, R, S)  
San Francisco Chapter  
120 Montgomery, Suite 1650  
San Francisco, CA 94104  
(415) 433-2273

NHLBI Information Center (S)  
(National Heart, Lung, Blood Institute)  
4733 Bethesda Avenue, Suite 530  
Bethesda, MD 20814  
(301) 951-3260

#### **Maternal and Child Health**

Allegheny County Health Department  
Nutrition Service  
WIC Program  
Investment Building  
239 4th Avenue, 21st Floor  
Pittsburgh, PA 15222  
(412) 355-5800

American College of Obstetricians  
and Gynecologists  
Office of Public Information  
409 12th Street, SW  
Washington, DC 20024  
(202) 638-5577

La Leche League International (A, C, Ch,  
H, K, L,P , R, S, T, Th, Tu, V)  
P.O. Box 1209  
Franklin Park, IL 60131-8209  
(703) 455-7730

March of Dimes (Birth Defects  
Foundation)  
(for maternal and infant nutrition  
information)  
Supply Division  
1275 Mamaroneck Avenue  
White Plains, NY 10605  
(914) 428-7100

National Maternal and Child Health  
Clearinghouse (C, Ch, L, Th, V)  
38th and R Streets, NW  
Washington, DC 20057  
(202) 625-8410

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## **B. Local Contacts for Nutrition, Medical, and Health Organizations**

### **Local Contacts** (listed in telephone directory)

### **Ask for the:**

American Cancer Society (city, county, or state) . . . . .	Health Educator
American Heart Association (city, county, or state) . . . . .	Health Educator
Cooperative Extension Service (county or university) . . . . .	Home Economist/Nutritionist
Diabetes Association (city or state) . . . . .	Health Educator
F.D.A. Consumer Affairs Office . . . . .	Consumer Affairs Officer
Health Department (city, county, or state) . . . . .	Nutritionist or Registered Dietitian
Hospital . . . . .	Registered Dietitian
March of Dimes . . . . .	Health Educator

Note: Many of these local contacts have materials available in non-English languages or can refer you to other agencies or affiliates who do have these materials.

## Section II. Food-Related Associations

### Beverages

National Coffee Association  
P.O. Box 4060  
Westbury, NY 11592  
(800) 321-4100

### Dairy, Eggs, and Cheese

American Dairy Products Institute  
130 N. Franklin Street  
Chicago, IL 60606  
(312) 782-4888

American Egg Board  
1460 Renaissance Drive  
Park Ridge, IL 60068  
(312) 694-0450

National Dairy Board  
2111 Wilson Blvd., Suite 600  
Arlington, VA 22201  
(703) 528-4800

National Dairy Council  
6300 North River Road  
Rosemont, IL 60018-4233  
(708) 696-1020

National Yogurt Association  
450 Park Avenue, South  
6th Floor  
New York, NY 10016  
(212) 951-5492

Wisconsin Milk Marketing Board/  
Dairy Farmers of Wisconsin  
8418 Excelfior Drive  
Madison, WI 53717

### Dried Fruits, Nuts, and Legumes

American Soybean Association  
540 Maryville Center  
St. Louis, MO 63141  
(314) 576-1770

California Dry Bean Advisory Board  
531-D N. Alta Avenue  
Dinuba, CA 93618  
(209) 591-4866

California Fig Advisory Board  
3425 N. First Street, Suite 109  
Fresno, CA 93726  
(209) 224-3447

California Pistachio Commission  
Dept. QRS  
1915 N. Fine Avenue  
Fresno, CA 93727  
(209) 252-3345

California Prune Board  
55 Union Street  
San Francisco, CA 94111  
(415) 984-6206

California Raisin Advisory Board  
55 Union Street  
San Francisco, CA 94111  
(415) 984-6376

Idaho Bean Commission  
P.O. Box 9433  
Boise, ID 83707  
(208) 334-3520

National Pecan Marketing Council  
4348 Carter Creek, Suite 101  
Bryan, TX 77802  
(409) 846-1681



National Sunflower Association  
4023 State Street  
Bismarck, ND 58501  
(701) 224-3019

USA Dried Pea and Lentil Industry  
5071 Highway 8 West  
Moscow, ID 83843  
(208) 882-3023

#### **Fish and Seafood**

Alaskan Seafood Marketing Institute  
P.O. Box D  
Juneau, AK 99811  
(907) 586-2902

Maine Sardine Council  
P.O. Box 337  
Brewer, ME 04412  
(207) 989-2180

National Fisheries Institute, Inc.  
1525 Wilson Blvd., Suite 500  
Arlington, VA 22209  
(703) 524-8881

North Atlantic Seafood Association  
P.O. Box 15294  
Cleveland, OH 44115  
(216) 781-6400

Rhode Island Seafood Council  
406-A Main Street  
Wakefield, RI 02879  
(800) 328-3474

Virginia Marine Products Board  
97 Main Street, Suite 103  
Newport News, VA 23601  
(804) 594-7261

#### **Fruit**

California Apricot Advisory Board  
1280 Boulevard Way  
Walnut Creek, CA 94595  
(415) 937-3660

California Avocado Commission  
23232 Peralta Drive, Suite 109  
Laguna Hills, CA 92653  
(714) 859-4110

California Cling Peach Advisory Board  
P.O. Box 7111  
San Francisco, CA 94120  
(415) 495-7714

California Fresh Market Tomato  
Advisory Board  
2017 N. Gateway Blvd., Suite 102  
Fresno, CA 93727  
(209) 251-0628

California Kiwifruit Commission  
1540 River Park Drive, Suite 110  
Sacramento, CA 95815  
(916) 929-5314

California Olive Industry  
1903 N. Fine Avenue, Suite 102  
Fresno, CA 93727  
(209) 456-9096

California Strawberry Advisory Board  
P.O. Box 269  
Watsonville, CA 95077-0269  
(408) 724-1301

California Table Grape Commission  
2975 N. Maroa  
P.O. Box 5498  
Fresno, CA 93755  
(209) 224-4997

California Tree Fruit Agreement  
P.O. Box 255627  
Sacramento, CA 95865  
(916) 483-9261

Cherry Marketing Institute  
2220 University Park Drive, Suite 200  
Okemos, MI 48864  
(517) 332-0010

Concord Grape Association  
5775 Peachtree-Dunwoody Road  
Suite 500-G  
Atlanta, GA 30342  
(404) 252-3663

The Cranberry Institute  
1101 - 15th Street, NW, Suite 202  
Washington, DC 20005  
(202) 785-3232

Florida Department of Citrus  
1115 East Memorial Boulevard  
P.O. Box 148  
Lakeland, FL 33802  
(813) 682-0171

International Apple Institute  
P.O. Box 1137  
McLean, VA 22101  
(703) 442-8850

International Banana Association  
1101 Vermont Ave. NW, Suite 306  
Washington, DC 20005  
(202) 371-1620

Michigan Apple Committee  
13105 Schavey Road  
De Witt, MI 48820  
(517) 669-8353

Michigan Blueberry Growers Association  
P.O. Box B  
Grand Junction, MI 49056  
(616) 434-6791

National Cherry Growers and Industry  
Foundation (Canned)  
1005 Tieton Drive  
Yakima, WA 98902  
(509) 453-4837

New York Cherry Growers Association  
7645 Main Street  
P.O. Box 350  
Fishers, NY 14453  
(716) 924-2171

North American Blueberry Council  
P.O. Box 166  
Marmora, NJ 08223  
(609) 399-1559

Ocean Spray Cranberry, Inc.  
One Ocean Spray Drive  
Lakeville-Middleboro, MA 02349  
(508) 946-1000

Pacific Coast Canned Pear Service  
P.O. Box 7111  
San Francisco, CA 94120  
(415) 541-0451

Produce Marketing Association, Inc.  
1500 Casho Mill Road  
Newark, DE 19714-6038  
(302) 738-7100

Sunkist Growers, Inc.  
P.O. Box 7888  
Van Nuys, CA 91409-7888  
(818) 986-4800

United Fresh Fruit and Vegetable  
Association  
727 N. Washington Street  
Alexandria, VA 22314  
(703) 836-3410

Washington Apple Commission  
P.O. Box 18  
Wenatchee, WA 98807  
(509) 663-9600

#### **Meat and Poultry**

American Lamb Council  
6911 S. Yosemite Street  
Englewood, CO 80112-1414  
(303) 771-3500

American Meat Institute  
P.O. Box 3556  
Washington, DC 20007  
(703) 841-2400

Beef Industry Council - a Division of the  
National Live Stock and Meat Board  
444 N. Michigan Avenue  
Chicago, IL 60611  
(312) 467-5520  
(800) 368-3138

California Beef Council  
551 Foster City Blvd., Suite A  
Foster City, CA 94404  
(415) 571-7100

National Pork Producers Council  
P.O. Box 10383  
Des Moines, IA 50306  
(515) 223-2600

National Turkey Federation  
11319 Sunset Hills Road  
Reston, VA 22090  
(703) 435-7206

Pork Industry Group - a Division of the  
National Live Stock and Meat Board  
444 N. Michigan Avenue  
Chicago, IL 60611  
(312) 467-5520  
(800) 621-7773

#### **Other Food Related Organizations**

American Bakers Association  
1111 - 14th Street, NW, Suite 300  
Washington, DC 20005  
(202) 296-5800

The Association for Dressings and Sauces  
5775 Peachtree-Dunwoody Road  
Suite 500-G  
Atlanta, GA 30342  
(404) 252-3663

Calorie Control Council  
5775 Peachtree-Dunwoody Road  
Suite 500-G  
Atlanta, GA 30342  
(404) 252-3663

Food Marketing Institute  
1750 K Street, NW  
Washington, DC 20006  
(202) 452-8444

The Glutamate Association  
5775 Peachtree-Dunwoody Road  
Suite 500-G  
Atlanta, GA 30342  
(404) 252-3663

Infant Formula Council  
5775 Peachtree-Dunwoody Road  
Suite 500-G  
Atlanta, GA 30342  
(404) 252-3663

International Food Additives Council  
5775 Peachtree-Dunwoody Road  
Suite 500-G  
Atlanta, GA 30342  
(404) 252-3663

International Food Information Council  
1100 Connecticut Avenue NW, Suite 430  
Washington, DC 20036  
(202) 296-6540

National Honey Board  
500 Airport Blvd., Suite 336  
Burlingame, CA 94010  
(800) 356-5941

Popcorn Institute  
401 N. Michigan Avenue  
Chicago, IL 60611-4267  
(312) 644-6610

The Sugar Association, Inc.  
1101 15th Street, NW, Suite 600  
Washington, DC 20005  
(202) 785-1122

The Vinegar Institute  
5775 Peachtree-Dunwoody Road  
Suite 500-G  
Atlanta, GA 30342  
(404) 252-3663

#### **Pasta, Potatoes and Grains**

Idaho Potato Commission  
P.O. Box 1068  
Boise, ID 83701  
(208) 334-2350

The National Pasta Association  
2101 Wilson Blvd., Suite 920  
Arlington, VA 22201  
(703) 841-0818

The Potato Board  
1385 S. Colorado Blvd., Suite 512  
Denver, CO 80222  
(303) 758-7783

Rice Council of America (S)  
P.O. Box 740121  
Houston, TX 77274  
(713) 270-6699

Washington State Potato Commission  
108 Interlake Road  
Moses Lake, WA 98837  
(509) 765-8845

Wheat Foods Council  
5500 South Quebec, Suite 111  
Englewood, CO 80111  
(303) 694-5828

#### **Vegetables**

American Mushroom Institute  
907 E. Baltimore Pike  
Kennett Square, PA 19348  
(215) 388-7806

California Artichoke Advisory Board  
P.O. Box 747  
Castroville, CA 95012  
(408) 633-4411

California Iceberg Lettuce Commission  
P.O. Box 3354  
Monterey, CA 93942  
(408) 375-8277

The Frozen Vegetable Council  
c/o Creamer Dickson Basford  
1633 Broadway, 27th Floor  
New York, NY 10019  
(212) 887-8010

Produce Marketing Association, Inc.  
1500 Casho Mill Road  
Newark, DE 19714-6038  
(302) 738-7100

Wisconsin-Minnesota Canned Vegetable  
Council  
222 N. Midvale Blvd., Suite 29  
Box 5258  
Madison, WI 53705  
(608) 231-2250



### Section III. Food Companies

American Home Food Products  
Nutrition and Education Services Dept.  
685 Third Avenue  
New York, NY 10017  
(800) 544-5680

Best Foods - a Division of CPC  
International Inc.  
P.O. Box 8000  
International Plaza  
Englewood Cliffs, NJ 07632  
(201) 894-2307

Campbell Soup Company  
Communications Center  
Campbell Place  
Camden, NJ 08103-1799  
(609) 342-4800

Giant Food, Inc.  
Consumer Affairs Department  
P.O. Box 1804  
Washington, DC 20013  
(301) 341-4322

Hershey Foods Corporation  
Consumer Relations Department  
P.O. Box 815  
Hershey, PA 17033-0815  
(800) 468-1714

Hunt-Wesson Foods  
1645 West Valencia  
Fullerton, CA 92633  
(714) 680-1000

Kellogg Company (S)  
Consumer Affairs Department  
One Kellogg Square  
P.O. Box 3599  
Battle Creek, MI 49016-3599  
(800) 962-1413

Kraft General Foods  
250 North Street  
White Plains, NY 10625  
(800) 431-1003  
(800) 323-0786

McDonald's Nutrition Information Center  
McDonald's Corporation  
McDonald's Plaza  
Oak Brook, IL 60521  
(708) 575-6198

Nabisco Brands, Inc.  
P.O. Box 1911  
East Hanover, NJ 07936  
(800) 622-4726

NutraSweet Center  
The NutraSweet Company  
Box 830  
Deerfield, IL 60015  
(800) 321-7254

Oscar Mayer and Company  
P.O. Box 7188  
Madison, WI 53707  
(608) 241-3311

The Pillsbury Company  
Consumer Public Relations  
Pillsbury Center  
200 South 6th Street  
Minneapolis, MN 55402  
(800) 767-4466

Proctor and Gamble  
P.O. Box 599  
Cincinnati, OH 45201  
(513) 983-1100  
(800) 543-2108

Quaker Oats Company  
321 N. Clark Street  
Chicago, IL 60610  
(312) 222-7111

Sweet'N Low Hotline  
Cumberland Packing Corp.  
60 Slushing Avenue  
Brooklyn, NY 11205  
(800) 231-1123  
in New York (800) 336-0363

Sweet One Hotline  
Stadt Corporation  
Suite 1, P.O. Box 2160  
Great Neck, NY 11022  
(800) 544-8610

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National Agricultural Library  
Beltsville Maryland 20705

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Department of Agriculture  
AGR 101